PLANT FACT SHEET

Sisymbrium crassifolium Cav.

GENUS *Sisymbrium* **FAMILY** Brassicaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten as a green vegetable.

DESCRIPTION

A cabbage family herb. It takes 2 years to complete its life cycle. It grows 80 cm tall.

HABITAT

It is a Mediterranean plant.

NOTES

There are about 80 Sisymbrium species.

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/4f3cabe2-eddd-4e5c-a418-420e7ea42338